



ADAPTATION STYLES

Each of us is unique. We respond to events and experience life in different ways. Although you may see yourself in more than one category, find the category that BEST describes you. There are no right or wrong answers! No one style is better than another. They are just different. You may not wish to label yourself, so ask your significant other, parent or neighbor. If you are really brave, ask your children or look in the mirror!

Relax and have fun!

RED

**Likes change, excitement
Trial and error
Adapts easily
Gut reaction
Involves others
Get others' opinions
"Jumps in"
Can be impulsive
Emotional
Looks to the future**

GREEN

**Like to be in control
Search and solve
Uses factual data, book
Uses reason to meet goals
Acts independently
Applies ideas to problem solving
"Tests the water"
Learns by testing, cautious
Controlled
Honors the present**

PURPLE

**Uses imagination & fantasy
Sees lots of alternatives
Cannot be pushed until ready
Works in bursts of energy
Like assurances from others
Uses senses, asks questions
Unhurried, casual,
Avoids conflict**

BLUE

**Calculates the probabilities
Looks for similarities
Reacts slowly-wants facts
Precise, thorough, careful
Avoids becoming too emotional
Conceptualizes new models
Organized, follow-through
Uses analysis**





ADVANTAGES AND DISADVANTAGES

RED

Advantages

Takes risks
Gets others involved
Tries several options
Very active
Uses gut reaction
Gets new ideas from others

Disadvantages

Impulsive
Demanding of friends
Splintered, too many options
Little organization, few goals
No “anchor points”
Loose ends

GREEN

Advantages

Fact finding
Evaluates opinions
Sets up trial situations
Sets goals and acts
Works well independently
Problem solving

Disadvantages

Discounts feelings
Task overrides people
Impatient
Needs to control
Uses others ineffectively
Not cautious in actions

PURPLE

Advantages

Many alternatives
Creative options
Waits for “best time”
Sense of perspective
Watches to see how others cope
Sees potential

Disadvantages

Many ideas, no action, decisions
Lacks action plan
Waits too long
Misses the point
Uncritical
Impatient with details

BLUE

Advantages

Fact focused
Super organized
Calculates probabilities
Uses past constructively
Seeks models, resources
Works well alone

Disadvantages

Needs too many facts to act
Too organized-slave to organization
Takes risks slowly
Lets go of past reluctantly
Too bogged down in theory
Does not share emotions or self

